

Epi Update for Friday, June 22, 2018

Center for Acute Disease Epidemiology (CADE)

Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **Rocky Mountain spotted fever in Iowa**
- **Podcast: History of poison control centers**
- **Iowa Acute Disease Monthly Update**
- **In the news: How your next meal could help fight depression and stress**
- **In the news: Georgia woman kills rabid bobcat with her bare hands**
- **Infographic: Program your phone**
- **Meeting announcements and training opportunities**

Rocky Mountain spotted fever in Iowa

Lyme disease is the most commonly reported tickborne disease in Iowa, with 255 cases reported in 2017, but there are other tickborne diseases in Iowa, including Rocky Mountain spotted fever (RMSF). RMSF is caused by the bacteria *Rickettsia rickettsii* and is transmitted in Iowa by the American dog tick. In 2017, 17 cases were reported in Iowa. Six cases have been reported in Iowa so far in 2018, including both travel-associated and locally-acquired cases.

Early symptoms of RMSF are non-specific and include fever and headache, but the disease can rapidly progress to a serious, life-threatening illness. Up to 90 percent of patients with RMSF develop some type of rash during the course of illness, but less than half develop rash during the first three days of illness, when the majority of cases first seek medical care. Doxycycline is the recommended treatment for RMSF in adults and children of all ages. Early treatment can prevent severe illness and death.

For more information about RMSF, visit www.cdc.gov/rmsf/index.html.

Podcast: History of poison control centers

Radiolab has released a podcast on the history of poison control centers. To listen to the podcast, visit www.wnycstudios.org/story/poison-control.

According to the American Association of Poison Control Centers (AAPCC), there are 55 poison control centers in the US, each providing free, 24-hour professional advice. All poison centers can be reached by calling the same telephone number: 1-800-222-1222. Poison centers are staffed by pharmacists, physicians, nurses and poison information providers who are toxicology specialists.

For more information about poison control in Iowa, visit www.iowapoison.org.

Iowa Acute Disease Monthly Update

The new issue of the Iowa Acute Disease Monthly Update is available on our website. Visit idph.iowa.gov/CADE and scroll down to "Reports" or access the report directly with the following link:

idph.iowa.gov/Portals/1/userfiles/79/Reports/Misc/Monthly%20Report/IADMU%20June%202018.pdf.

In the news: How your next meal could help fight depression and stress

www.cnn.com/2018/03/20/health/food-depression-stress/index.html

In the news: Georgia woman kills rabid bobcat with her bare hands

www.washingtonpost.com/news/morning-mix/wp/2018/06/18/it-was-either-me-or-the-cat-georgia-woman-kills-rabid-bobcat-with-her-bare-hands/?utm_term=.d3e613be3bc6

Infographic: Program your phone



To view in full size, visit

www.iowapoisn.org/media/cms/Program_Your_Phone_EA5754475B704.pdf.

Meeting announcements and training opportunities

None

Have a healthy and happy week!

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Iowa Department of Public Health
800-362-2736